

Life de-clutter checklist

*Worksheet to help you get rid of physical and mental “noise”
and creat space for better things to come*

1. Declutter random stuff

Anything you look at with regret
Anything that doesn't work as it should.
Presents you received but don't really like

2. Declutter clothes

Old clothes and house items that make you cringe
Clean out closets
Clean out the basement

3. Clean house

Clean the entire house (or hire someone to do it)

4. Organize files

Clean out your computer
Clean out your phone (get rid of apps)
Clean out inbox
Delete todo's you will never finish
Organize files and papers, letters, etc

5. Organize finances

Make sure retirement plans are in order
Organize credit cards
Create a budget

6. Organize legal documents

Do you need to write a will (simple one pen on paper will do)
Do you need to look at any contracts and update them

7. Social media

Un-follow people you no longer want to see

8. Mental noise

Write letters or thank you cards you have been meaning to

Clarity and focus

Everyone will want to focus on different things, so focus on the things that will bring you most freedom and mental clarity. And if you need to do it all – you will feel like flying afterwards 😊

List at least three things you really want to focus on this week from the worksheet, why you want it and how you will feel once you have it.

Is it to get organized financially? Or get rid of socks and underwear with holes in it? Or clean out closets? Why? How will it make you feel? Why is that feeling important to you?

Example:

What do I want to do?	How will this make me feel	Why is this important to me?
I really want to clean out my computer files	I will feel lighter, more organized and free – seeing my computer screen cluttered is awful, I can never find anything	This is a frustration every time I open the computer up, this will allow me to feel more organized and on top of things and when that happens – I seem to be on top of things in the rest of my life

Envision something new

- What will de-cluttering allow me to do in regards to my life?
- What will it open up for me?
- What do I want to invite in my life going forward, after having cleared this stuck/unorganized energy?

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